

Self Assessment Test (SAT) version 4.01

(please give extended answers)

1	Have you ever bled from your nose from just one nostril? If so, which one?
2	Have you ever heard strange noises from only one ear? If so, which one?
3	Do you have any scars on your body that you don't remember how you got?
4	Have you ever experienced severe depression?
5	Have you ever dreamed about another person just like you, (a copy)?
6	Have you ever felt as if you actually came from another planet, or have you ever dreamed about it?
7	Have you ever found objects either on your body (rings, necklaces, piercings, etc.) or where you live, that were out of place for some weird reason?
8	Have you ever dreamed that somebody was putting something in your nostril, one of your ears, eyes or genitals?
9	Have you ever seen or dreamed about a being that was different from us? If so: 9a. How tall was it? 9b. How was it dressed? 9c. What did it smell like? 9d. How many fingers did it have and what did they look like? 9e. Did it communicate with you? 9e. Did it communicate with you?
10	Have you ever woken up with yellow skin?
11	Have you ever had the impression that you didn't recognize one of your acquaintances or didn't recognize yourself, (because you were feeling physically different), and then you consequently had a very short-lived identity crisis?
12	Have you ever dreamed of having a child who was not from this world?
13	Have you ever dreamed that you were in a highly technological environment?
14	Do you practice meditation, relaxation techniques or martial arts?
15	Have you ever seen or dreamed about beings having vertical pupils like a cat? If so: 15a. Did they leave you with a positive feeling? 15b. Did they leave you with a negative feeling? 15c. Did they leave you feeling indifferent? 15d. How many fingers did they have and what did they look like? 15e. How tall were they? 15f. What did their cranium look like? 15g. What was the color of their skin? 15h. How were they dressed?

16	Have you ever dreamed of being in an underground space?
17	Have you ever dreamed about "saurians" (lizards) that walk standing up, or about any similar creature?
18	Have you ever dreamed or seen any luminous beings like children, made of light?
19	If you are female, have you ever believed that you were pregnant without having had intercourse, for a specific period of time?
20	Have you ever dreamed of having had sexual intercourse with another creature?
M	If you are male: 20a. Were you able to interact with it? 20b. Could you move? 20c. Could you move your eyes? 20d. How tall was the creature? 20e. How many fingers did it have? 20f. What did its face look like? 20g. What did its hair look like? 20h. Did you have an erection? 20i. Did they take a blood sample from you?
F	If you are female: 20a. How tall was it? 20b. Were you able to distinguish it from the background? 20c. Did it act against your will? 20d. How many beings were there? 20e. Could you distinguish its face? 20f. Did they take a blood sample from you? 20g. Was it a very stressful situation? 20h. Was it a regular situation? 20i. Was it a pleasurable situation?
21	Have you ever dreamt that you underwent surgical operations?
22	Have you ever dreamt of being in a strange hospital?
23	Have you ever woken up missing part of your pajamas or with a part that was inside out?
24	Is your blood type Rh negative, or do any of your relatives have an Rh negative blood type?
25	Have you ever experienced total paralysis while in bed, with the exception that you could move only your eyeballs?
26	Are you able to bend your tongue inwards in your mouth without using your palate?
27	Have you ever smelled or heard weird things, without recognizing its apparent cause?
28	Have you ever had felt as if you lost a period of time, (missing time) even if only for a few seconds?
29	Have any of your relatives ever reported seeing or dreaming about weird creatures during some period of their lives?

30	Is anybody in your family affected by polydactily? (Polydactily is the presence of more than five fingers or toes.)
31	Is anybody in your family affected by pterygium? (Pterygium is a growth of the thin tissue that lays over the white part of the eye.)
32	Is anybody in your family affected by membranes growing between their fingers or toes?
33	Do you have a scar on either shin, which seems it could be the result of a burning cigarette?
34	Does anybody in your family have a tail-like appendage?
35	Have you ever woken up covered with a weird sticky jelly?
36	Have you ever woken up totally exhausted?
37	Have you ever had issues with swallowing?
38	Have you ever dreamed about soldiers?
39	Do you have a little object under the skin behind one of your ears, where it joins the skull, that feels like a little ball? (if so, which one).
40	Have you ever dreamed about angels or demons, especially when you were a child? If so give a brief description.
41	Have you ever had a sudden panic attack during a medical examination, (at the dentist's or at the doctor's)?
42	Have you ever thought that your parents were not your true parents?
43	Have you ever dreamed about a being with only one eye in the middle of its forehead?
44	Have you ever been so thirsty for no apparent reason, that you drank an excessive amount of water?
45	Have you ever had an out of body experience? (OOBE)
46	Have you ever had memories or dreams that you think might come from a past lifetime?
47	Have you ever dreamed of being inserted in a body sized container or have you ever perceived that other people were in such a container?
48	Have you ever actually written or spoken a language that you in theory do not know, or dreamt of doing it?
49	Have you ever written boustrophedonically? (Mirror-image writing like Leonardo Da Vinci used to write)?
50	Are you left handed or right handed?
51	Have you ever dreamt that you were physically different from what you are, either in

	your body or in your mindset?
52	Have you ever had the feeling you were able to go through walls, through the ceiling or the floor in your bedroom?
53	Have you ever seen or dreamed about a UFO? If so describe it briefly.
54	Have you ever thought you've seen or have you ever dreamed about very large insects? (If so, what kind of insects?).
55	Have you ever dreamed of scenarios in which you are fighting as if you were inside a video-game?
56	Have you ever used drugs or psychotropic drugs? (If so, which kind and for how long?)
57	Have you ever been the protagonist of phenomena which could be defined, by you, as paranormal?
58	<p>When you cross your hands, which is the thumb that goes on top of the other? (the right one or the left one?)</p> <div data-bbox="464 885 1270 1252" data-label="Image"> </div>
59	Have you ever had the feeling that your whole body was pervaded by an intense vibration?
60	Do you have artistic and creative abilities: do you play an instrument, do you compose music, do you write poetry or stories, do you draw, sing, act or anything else like that?

Now make a simple drawing containing a starry sky, the see and waves.

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